

# Billy Bybee

## Fitness Professional 3



### **Trainer Education:**

NASM Certified Personal Trainer  
YMCA Personal Training Instructor  
YMCA Stability Ball Training  
YMCA Core Muscle Training  
YMCA Principles of Health & Fitness

### **Trainer Specialization:**

Teen and young adult athletic training  
Sport-specific strength and  
conditioning programs  
Functional fitness training for  
all populations

### **Trainer Philosophy:**

As a trainer, I believe every individual is an athlete at some level. Whether through sports or the demands of daily living we all require individualized and functional training to help us excel.